

# OCD Plan 2021

Month:	
OCD goals.:	
Other mental health goals:	
Career study goals:	
Health/fitness goals:	
Relationship goals:	
Social life goals:	
Hobbies/interests goals:	

# OCD Plan 2021

OCD Plan:

Support plan:		Action to take now
Who is in my support network? (therapist, friends, partner, parents..)		
Who do I need to add to my support network?		
How often do I need to reach out to them?		
How will I reach out to them?		
Do I need to ask my employer/educator for additional support or time?		
Do I need to make a list of unhelpful things that people do for me, e.g., reassurance?		
Do I need to communicate that list to them?		

# OCD Plan 2021

Therapy plan:		Action to take now
Do I need to find a therapist?		
Am I happy with my current therapist?		
Do I need to change the frequency of my sessions?		
Do I need to schedule any other mental health appointments, e.g., psychiatrist?		
Do I need to discuss my medication with my provider?		
Do I need to schedule any complimentary appointments, e.g., nutritionist?		
What exercise/fitness am I doing daily to support my mental health?		
What exercise/fitness am I doing weekly to support my mental health?		

# OCD Plan 2021

OCD self-help plan:		Action to take now
What are my current daily exposure/behaviour tasks?		
What are my current weekly exposure/behaviour tasks?		

# OCD Plan 2021

What are my current cognitive (non-behaviour) tasks?		
How long am I spending on exposure/behaviour tasks per day?		
Is anyone helping me do my exposure tasks? Do I need to find someone to help me?		
How long am I spending on cognitive tasks per day?		

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What are my current mindfulness or meditation tasks per day?		
Do I need to print out & display my tasks at home?		
What are my key helpful statements? Do I need to print them out or save them to my phone?		
What reading am I doing to supplement my OCD work?		
Do need to update anyone ,e.g., therapist, of my daily or weekly work?		